

ROCK YOUR BODY

BOOT CAMP

GET HEALTHY **U** TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BUTT & GUTS 30 Minutes	CALORIE SIZZLER 30 Minutes	POWER BALL 30 Minutes	DAY OFF	BODY WEIGHT CIRCUIT 45 Minutes	CALORIE SIZZLER 30 Minutes	DAY OFF
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BUTT & GUTS 30 Minutes CALORIE SIZZLER 30 Minutes	BODY WEIGHT CIRCUIT 45 Minutes	POWER BALL 30 Minutes	DAY OFF	CALORIE SIZZLER 30 Minutes	BUTT & GUTS 30 Minutes	DAY OFF
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BODY WEIGHT CIRCUIT 45 Minutes	BUTT & GUTS 30 Minutes	POWER BALL 30 Minutes CALORIE SIZZLER 30 Minutes	BODY WEIGHT CIRCUIT 45 Minutes	DAY OFF	BUTT & GUTS 30 Minutes CALORIE SIZZLER 30 Minutes	POWER BALL 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BUTT & GUTS 30 Minutes CALORIE SIZZLER 30 Minutes	BODY WEIGHT CIRCUIT 45 Minutes	POWER BALL 30 Minutes CALORIE SIZZLER 30 Minutes	DAY OFF	BUTT & GUTS 30 Minutes CALORIE SIZZLER 30 Minutes	BODY WEIGHT CIRCUIT 45 Minutes	POWER BALL 30 Minutes CALORIE SIZZLER 30 Minutes